



# **Lose Weight Fast: Over 50 Incredible Weight Loss Tips and Weight Loss Motivation Secrets Revealed (Lose weight, Lose weight here, Lose weight fast, Lose ... without dieting or working out Book 1)**

*By Dr. Jyothi Shenoy*

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## **Are You Sick Of Being Overweight?**

If so, then this book is for you because it lays out weight loss strategies that were designed by Dr. Shenoy who has been successfully helping people to lose weight for several years. She tells the truth about weight loss and what she's seen after years of practicing in the medical field, in a language that is easy-to-understand.

## **The Topics Include:**

- What is obesity and why is it important to lose weight
- Why people gain back the lost weight

### **Diet Myths That Pack On Pounds**

The Right Attitude for Weight Loss

### **Why is it important to lose weight slowly**

How To Change Your Eating Habits

### **How to stop food cravings**

How To Change Your Physical Activity Related Habits

## **The Critical Role that Nutrition Plays in Losing Weight**

The Importance of Unconditional Self-Love in Your Weight Loss Journey

***If you are sick and tired of being overweight, and ready to transform your body then take the opportunity to download this book today.***

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#### **William Davis:**

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